



MODERN MEDICAL NEWS

CHRONIC URETHRITIS

ANSWERS FOR CHRONIC URETHRITIS,
URETHRAL SYNDROME, NON-SPECIFIC
URETHRITIS (NSU), PAINFUL BLADDER
SYNDROME, CHRONIC UTI'S, CYSTITIS,
AUTOIMMUNE URETHRITIS & DYSURIA



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ACADEMIC PUBLICATIONS

BY THOMAS B. SMITH

DISCOVER 15 CAUSES OF CHRONIC URETHRITIS

Chronic Urethritis

Answers for Chronic Urethritis, Urethral Syndrome, Nongonococcal Urethritis (NGU), Non-Specific Urethritis (NSU), Painful Bladder Syndrome (PBS), Chronic UTI's, Cystitis, Autoimmune Urethritis & Chronic Dysuria

By Thomas B. Smith

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Presented by Modern Medical News
www.ChronicUrethritis.com

Introduction

If you're reading this book it is likely that you have been suffering from chronic urethritis for quite some time. Chronic urethritis is something that unfortunately is not very well understood which often leads to a misdiagnosis and ineffective conventional treatments. This can lead to the development of additional problems such as various side effects from pharmaceutical drugs and a worsened condition from improper treatments.

When conventional medicine fails to solve a problem one must look to other methods for treatment. Although conventional techniques are highly useful when responding to acute trauma they are in many cases ineffective when treating chronic conditions. Doctors will grasp for explanations in an attempt to rationalize your condition all the while dancing around the inescapable fact that they "just don't know". This leads to misinformed patients equipped with a set of ineffective techniques that only add to the problem.

One of the hardest things about having a chronic condition is not knowing what's wrong with you. Your doctor may have been able to narrow it down to a few conditions but it's likely that they are just viewing your condition through the lens of their medical specialty. In order to properly understand your problem and how to solve it you must take a full body approach. The body is one giant system and every part of the body affects the whole in some way. If you want to relieve your symptoms and potentially even

recover completely you will need to approach your condition from a whole body standpoint.

It's important to understand that urethritis is just a symptom and not necessarily a condition of its own. Understanding what is causing your urethritis is just as important as understanding the methods to relieve the symptoms. If you are experiencing chronic urethritis from a certain condition but you treat it a different condition then you may not be able to relieve the cause of the symptoms. This book will provide you with several unfamiliar conditions that can cause chronic urethritis that many doctors are just as unaware of as their patients.

If you have been suffering from chronic urethritis then you understand the hopelessness and confusion that can result from not having a clear solution. To make matters worse this isn't a condition that people generally feel comfortable talking about with others. This can make you feel like you're alone in your struggle and without options. With approximately 3 million cases of Non-Specific Urethritis (NSU) occurring in America each year you are surely not alone.¹ My hope is that this book provides you with a new perspective on chronic urethritis (NSU, NGU) and the tools necessary to take it head on.

¹ Thomas E. Herchline, M.D. "Urethritis - Epidemiology." Antimicrobe.

What is Urethritis?

Urethritis is a condition in which the urethra experiences inflammation and irritation often resulting in pain in the subject. Urethritis can affect both men and women of all ages for many different reasons. Usually people experience a constant burning sensation or sharp pain which can be elevated during urination. Most urethritis is caused by a bacterial or viral infection that has entered the urinary tract.

Common symptoms of regular urethritis in men include:

- Burning sensation
- Itching
- Presence of blood in the urine
- Discharge
- Common symptoms in women include:
 - Frequent urge to urinate
 - Pain during urination
 - Burning or irritation
 - Discharge

Many different forms of bacteria and viruses can cause urethritis and other similar problems. Listed below are some of the most common infections that can lead to developing urethritis.

The most common bacterial infections responsible for urethritis are:

- Neisseria Gonorrhoeae
- Chlamydia Trachomatis
- Mycoplasma Genitalium

The most common viral infections that can cause urethritis are:

- Human Papillomavirus (HPV)
- Herpes Simplex Virus (HSV)
- Cytomegalovirus (CMV)

For the regular form of urethritis the treatment is generally the same for most people. A doctor will prescribe one or several courses of antibiotics that include but are not limited to: azithromycin, erythromycin, ofloxacin, levofloxacin and doxycycline. These antibiotics will generally cure the urethritis in as little as a few days. This is however if the urethritis is the result of an infection or from a bacteria that is not resistant to the course of antibiotics.²

If you are experiencing an acute onset of urethritis it is advised that you schedule an appointment with a doctor as soon as possible. If left untreated the infection could result in major organ damage and eventually become life threatening. Unless you have been suffering from Non-Specific Urethritis (NSU) or idiopathic (unknown cause) chronic urethritis then antibiotics should resolve the issue.

² “What is urethritis?” Healthline Website.

Chronic Urethritis

Chronic Urethritis may be caused by Non-Specific Urethritis (NSU) also known as Non-Gonococcal Urethritis (NGU) is a form of urethritis that does not occur due to one of the infections listed above. This could mean that the symptoms are the result of an unknown bacteria or not related to bacteria at all. This form of urethritis could be developed from a number of causes not entirely understood by modern medicine. This is why we use the word idiopathic when describing chronic urethritis because the origin of the symptoms is usually not known or at least very hard to diagnose.

If there is not bacterial or viral infection found then the symptoms of urethritis may be diagnosed by your doctor as what's known as urethral syndrome. This is the technical name for chronic urethritis when you experience the painful symptoms but there seems to be no infection. For simplicity's sake we will continue to call this condition chronic urethritis throughout the book.

What Causes Chronic Urethritis?

There are many things that can cause chronic urethritis with some form of infection commonly being the main reason. Any bacteria that enters the urinary tract from inside or outside of the body can result in urethritis. However when antibiotics are of no use then it's likely that the problem is not bacterial in nature. It could also be from

an unknown virus that is resistant to antibiotics or not related to an infection at all.

Another primary cause for urethritis is external contact with something that causes inflammation. This could be certain types of soaps, sanitary wipes, tampons and diaphragms. The chemical compounds found in these items can cause localized allergic reactions that result in inflammation. If this is the reason for your chronic urethritis then you are in luck as all you need to do is stop using whatever is causing the irritation. If not then you will need to look deeper to find the cause of your symptoms.³

Another common reason for chronic urethritis is damage to the urethra. This can be the result of radiation exposure, sexual activity, bike riding and other injuries. Damage to the urethra may cause abnormal narrowing and other localized irregularities that cause constant pain. If injury is the reason for your urethritis then you may be able to get help through surgery and other conventional methods.

15 Unfamiliar Causes of Chronic Urethritis

Biofilms

Biofilms are type of defense system that bacteria use to defend against medical treatments such as antibiotics. Generally when bacteria and other pathogens are free

³ "Urethral Syndrome." Healthline Website.

floating within the body they are susceptible to antibiotic treatments. However certain forms of bacteria, parasites and viruses form communities that protect themselves with a biofilm which is a kind of glue forcefield.

These types of biofilm communities can form in the gastrointestinal tract, urinary tract, respiratory system and sex organs. The biofilm makes these types of pathogens extremely hard to kill and can lead to chronic symptoms without any relief from traditional medical treatments.

Biofilms have been associated with multiple chronic conditions such as chronic fatigue syndrome, fibromyalgia, inflammatory bowel disease, prostatitis, arthritis and other conditions. These biofilms may be constantly causing inflammation and wreaking havoc on the body all the while evading detection and common treatments.⁴

Treating an infection with biofilms can be a problem because you may not even be able to detect their existence. Antibiotic treatments may work for a little while but may only kill off a portion of the infection resulting in a return of symptoms later on. Some biofilm infections may even go into a dormant state and reactivate later making them hard to identify and treat.

Some treatments that have worked for some people include long term antibiotic use although this can be extremely damaging on your overall health. Other treatments include naturopathic remedies and alternative techniques some of which are found in this book in later sections.

⁴ Jenny, Blondel. "The Role of Biofilms in Chronic Infections."

You can find the full book on Amazon or by going to our website at www.ChronicUrethritis.com.